Fall Allergy Menu 2026

September / October / November

food2you

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
	9/7, 10/5, 11/3, 11/30	**9/8, 10/6, 11/4**	**9/9, 10/7, 11/5**	**9/10, 10/8, 11/6**	**9/11, 10/9, 11/7**
Week 1 Lunch	• Herb Chicken & Quinoa Bowl • Green & Yellow Beans • Fresh Apples	• Chicken Fajitas • Corn Tortillas • Peas & Carrots • Fresh Bananas	• Southwest Chx. & Brown Rice Bowl • Broccoli & Cauliflower • Fresh Cantaloupe	• Corn Flour Pasta In Marinara Sauce • Diced Chicken • 4 Veggie Blend • Fresh Watermelon	• Chx Quesadillas Vegan Cheese • Green Beans • Diced Carrots • Fresh Fruit Salad
	9/14, 10/12, 11/9	**9/15, 10/13, 11/10**	**9/16, 10/14, 11/11**	**9/17, 10/15, 11/12**	**9/18, 10/16, 11/13**
Week 2 Lunch	• Mac N' Chx • Vegan Cheese • Corn Flour Pasta • Broccoli & Cauliflower • Fresh Apples	• Chx & Brown Rice In Pomodoro Sauce • Peas & Carrots • Fresh Bananas	• Corn Flour Pasta In Marinara Sauce • Diced Chicken • Green & Yellow Beans • Fresh Honeydew	• Sweet Apple Chicken • Corn Tortillas • 4 Veggie Blend • Fresh Watermelon	• Herb Chicken • Brown Rice • Green Beans • Diced Carrots • Fresh Fruit Salad
	9/21, 10/19, 11/16	**9/22, 10/20, 11/17**	**9/23, 10/21, 11/18**	**9/24, 10/22, 11/19**	**9/25, 10/23, 11/20**
Week 3 Lunch	• Chicken Fajitas • Corn Tortillas • Green & Yellow Beans • Fresh Apples	• Corn Flour Pasta In Marinara Sauce • Diced Chicken • Peas & Carrots • Fresh Bananas	• Spring Vegetables W/ Rice & Chicken • Broccoli & Cauliflower • Fresh Cantaloupe	• Chicken In Salsa • Corn Tortillas • 4 Veggie Blend • Fresh Watermelon	• Herb Chicken & Quinoa Bowl • Green Beans • Diced Carrots • Fresh Fruit Salad
	9/28, 10/26, 11/23	**9/1, 9/29, 10/27, 11/24**	**9/2, 9/30, 10/28, 11/25**	**9/3, 10/1, 10/29, 11/26**	**9/4, 10/2, 10/30, 11/27**
Week 4 Lunch	• Vegetarian Burrito Bowl • Corn Tortillas • Broccoli & Cauliflower • Fresh Apples	• Corn Flour Pasta In Marinara Sauce • Diced Chicken • Peas & Carrots • Fresh Bananas	• Grilled Chicken • Corn Flour Pasta • Green & Yellow Beans • Fresh Honeydew	• Sweet Apple Chx • Corn Tortillas • 4 Veggie Blend • Fresh Watermelon	• Spring Vegetables W/ Rice & Chx • Green Beans • Diced Carrots • Fresh Fruit Salad

Plant based milk served with all lunches – Menu provided by Food2You. Water available to children at all times - (*) denotes item is Whole Grain (WG) v.1.0. This menu has been reviewed by Betsy Sejud, MHA, RD, LD – (*) denotes item is Whole Grain (WG)